



15 Minute Safety Presentation

Heat Stress

15 MINUTE SAFETY PRESENTATION – HEAT STRESS

INTRODUCTION

The term heat stress includes a variety of different conditions that occur when the body is stressed because of overheating. In order of severity, these conditions include heat rash, heat collapse, heat cramps, heat exhaustion and heat stroke.

LEARNING OUTCOMES

At the end of this safety presentation you will know:

- what causes heat stress;
- the different types of heat stress;
- how we can prevent heat stress; and
- the treatment for heat stress.

WHAT CAUSES HEAT STRESS?

Heat stress can occur in many different locations and is not limited to hot environmental conditions. It often occurs during hot weather, but can also occur indoors and at any time when the air temperature is high.

The main factors that cause heat stress include:

- high temperature levels;
- high humidity levels;
- low levels of air movement;
- heat sources in the area;
- physical activity carried out; and
- the type of clothing worn.

Other personal factors such as your age, weight, metabolism, level of physical fitness, medical conditions (such as hypertension) and whether or not you have consumed alcohol, can affect your likelihood of becoming heat stressed.

WHAT ARE THE DIFFERENT TYPES OF HEAT STRESS?

As we discussed earlier, there are a number of different forms of heat stress that vary in their level of severity. We will now talk about each of these conditions so that you can recognise them in yourselves and other people.